

Education Calendar 2019 - 2020

September 2019

10 Warning Signs of Alzheimer's

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

September 5, 2019 2:00 pm – 3:00 pm

Wesleyan Village, 807 West Avenue, Elyria, OH 44035

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

Healthy Living for Your Brain and Body: Tips from the Latest Research

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

September 9, 2019 5:00 pm – 6:00 pm

Wickliffe Family Resource Center, 2221 Rockefeller Road, Wickliffe, OH 44092

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Understanding Alzheimer's and Dementia

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

September 10, 2019 6:00 pm – 7:30 pm

Maple Heights Library, 5225 Library Lane, Maple Heights, OH 44137

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

10 Warning Signs of Alzheimer's

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

September 17, 2019 12:30 pm – 1:30 pm

Symphony at Olmsted Falls, 25880 Elm Street, Olmsted Falls, OH 44138

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

Effective Communication Strategies

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

September 17, 2019 6:00 pm – 7:30 pm

Maple Heights Library, 5225 Library Lane, Maple Heights, OH 44137

Communication is more than just talking and listening- it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you to connect and communicate at each stage of the disease.

10 Warning Signs of Alzheimer's

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Online - <https://goo.gl/yknto1>

September 18, 2019 6:00 pm – 7:00 pm

Solomon, Steiner, and Peck, LTD., 6105 Parkland Blvd., #140, Mayfield Heights, OH 44124

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

Dementia Conversations

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

September 18, 2019 6:30 pm – 7:30 pm

Rae Ann, 28303 Detroit Road, Westlake, OH 44145

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

Effective Communication Strategies

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

September 19, 2019 6:00 pm – 7:00 pm

Jennings at Notre Dame Village, 10950 Pine Grove Trail, Chardon, OH 44024

Communication is more than just talking and listening- it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you to connect and communicate at each stage of the disease.

10 Warning Signs of Alzheimer's

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Online - <https://goo.gl/yknto1>

September 20, 2019 11:00 am – 12:00 pm

Judson Manor, 1890 E 107th Street, Cleveland, OH 44106

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the

importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

10 Warning Signs of Alzheimer's

For info or to register: phone **800-272-3900**
Online - <https://goo.gl/yknto1>

September 20, 2019 3:00 pm – 4:00 pm

Judson South Franklin Circle, 16600 Warren Court, Chagrin Falls, OH 44023

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

10 Warning Signs of Alzheimer's

For info or to register: phone **800-272-3900**
Online - <https://goo.gl/yknto1>

September 20, 2019 4:00 pm – 5:00 pm

Judson Park, 2181 Ambleside Drive, Cleveland, OH 44106

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

Dementia Care Training

For info or to register: phone **800-272-3900**
Online - <https://goo.gl/yknto1>

September 23, 2019 10:30 am – 4:30 pm

Avon Public Library, 37485 Harvest Drive, Avon, OH 44011

Dementia Care Training is a FREE program for both family and professional caregivers who provide care to those with dementia-related diseases.

This program provides an overview of Alzheimer's disease and related disorders, teaches effective communication techniques, gives ideas on how to engage those with cognitive problems, and provides strategies for managing challenging behavior. Four social work CEUs are available.

Please plan to bring a brown bag lunch

Legal and Financial Issues – Planning for the Future

For info or to register: phone **800-272-3900**
Online - <https://goo.gl/yknto1>

September 23, 2019 11:00 am – 12:00 pm

Madison Senior Center, 2938 Hubbard Road, Madison, OH 44057

This program is designed for diagnosed individuals and their family members who want to learn what legal documents are essential to manage family affairs and learn how to prepare to finance long-term care. Participants will have the opportunity to get their questions answered by an attorney who specializes in Elder Law.

Legal and Financial Issues – Planning for the Future

For info or to register: phone **800-272-3900**
Online - <https://goo.gl/yknto1>

September 24, 2019 6:00 pm – 7:00 pm

Maple Heights Library, 5225 Library Lane, Maple Heights, OH 44137

This program is designed for diagnosed individuals and their family members who want to learn what legal documents are essential to manage family affairs and learn how to prepare to finance long-term care. Participants will have the

opportunity to get their questions answered by an attorney who specializes in Elder Law.

Dementia Conversations

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

September 25, 2019 5:00 pm – 6:00 pm

Avalon Adult Day Center, 2770 Som Center Road, Willoughby, OH 44094

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

Effective Communication Strategies

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

September 26, 2019 5:30 pm – 6:30 pm

Ashtabula County District Library

Communication is more than just talking and listening- it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you to connect and communicate at each stage of the disease.

Dementia Conversations

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

September 26, 2019 6:00 pm – 7:00 pm

Danbury Senior Living, 9500 Broadview Road, Broadview Heights, OH 44147

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

10 Warning Signs of Alzheimer's

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

September 26, 2019 11:30 am – 12:30 pm

Elmcroft of Lorain, 3290 Cooper Foster Road, Lorain, OH 44053

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

Healthy Living for Your Brain and Body: Tips from the Latest Research

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

September 30, 2019 12:00 pm – 1:00 pm

Oak Street Health, 10553 St. Clair Avenue, Cleveland, OH 44108

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

October 2019

Living with Alzheimer's: One Person's Perspective

For info or to register: phone 800-272-3900

Online - <https://goo.gl/yknto1>

October 1, 2019 6:00 pm – 7:00 pm

Maple Heights Library, 5225 Library Lane, Maple Heights, OH 44137

Learn about Alzheimer's disease from a person who is living with it. . . You won't want to miss this inspiring program that will feature a person in the early stage of Alzheimer's disease who will share how one learns to live with Alzheimer's disease.

Understanding Dementia Related Behavior

For info or to register: phone 800-272-3900

Online - <https://goo.gl/yknto1>

October 2, 2019 5:00 pm – 6:00 pm

Avalon Adult Day Center, 2770 Som Center Road, Willoughby, OH 44094

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Understanding Dementia Related Behavior

For info or to register: phone 800-272-3900

Online - <https://goo.gl/yknto1>

October 10, 2019 10:00 am – 11:00 am

Garfield Heights Senior Center, 5407 Turney Road, Garfield Heights, OH 44125

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Understanding Dementia Related Behavior

For info or to register: phone 800-272-3900

Online - <https://goo.gl/yknto1>

October 16, 2019 6:00 pm – 7:00 pm

Atria Newell Creek, 7900 Center Street, Mentor, OH 44060

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Understanding Dementia Related Behavior

For info or to register: phone 800-272-3900

Online - <https://goo.gl/yknto1>

October 17, 2019 6:00 pm – 7:00 pm

Jennings at Notre Dame Village, 10950 Pine Grove Trail, Chardon, OH 44024

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Understanding Alzheimer's and Dementia

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

October 21, 2019 12:00 pm – 1:00 pm

Metro Health Main Campus, 2500 Metro Health Drive, Cleveland, OH 44109

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

Legal and Financial Issues – Planning for the Future

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

October 29, 2019 6:30 pm – 7:30 pm

Mentor Public Library, 8215 Mentor Avenue, Mentor, OH 44060

This program is designed for diagnosed individuals and their family members who want to learn what legal documents are essential to manage family affairs and learn how to prepare to finance long-term care. Participants will have the opportunity to get their questions answered by an attorney who specializes in Elder Law.

Living with Alzheimer's: One Person's Perspective

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

October 30, 2019 5:00 pm – 6:00 pm

Avalon Adult Day Center, 2770 Som Center Road, Willoughby, OH 44094

Learn about Alzheimer's disease from a person who is living with it. . . You won't want to miss this inspiring program that will feature a person in the early stage of Alzheimer's disease who will share how one learns to live with Alzheimer's disease.

November 2019

Understanding Alzheimer's and Dementia

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

November 12, 2019 12:00 pm – 1:00 pm

Fairhill Partners, 12200 Fairhill Road, Cleveland, OH 44120

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

Understanding Dementia Related Behavior

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

November 12, 2019 4:00 pm – 5:30 pm

Forest Hills Place, 3151 Mayfield Road, Cleveland Heights, OH 44118

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Dementia Care Training

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

November 18, 2019 9:30 am – 3:30 pm

Cleveland Heights Senior Center, 1 Monticello Blvd., Cleveland Heights, OH 44118

Dementia Care Training is a FREE program for both family and professional caregivers who provide care to those with dementia-related diseases.

This program provides an overview of Alzheimer's disease and related disorders, teaches effective communication techniques, gives ideas on how to engage those with cognitive problems, and provides strategies for managing challenging behavior. Four social work CEUs are available.

Please plan to bring a brown bag lunch

December 2019

Healthy Living for Your Brain and Body: Tips from the Latest Research

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

December 3, 2019 2:00 pm – 3:00 pm

Cuyahoga County Public Library - Beachwood Branch, 25501 Shaker Blvd., Beachwood, OH 44122

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Effective Communication Strategies

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

December 17, 2019 12:30 pm – 1:30 pm

Symphony at Olmsted Falls, 25880 Elm Street, Olmsted Falls, OH 44138

Communication is more than just talking and listening- it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you to connect and communicate at each stage of the disease.

January 2020

Healthy Living for Your Brain and Body: Tips from the Latest Research

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

January 9, 2020 7:00 pm – 8:00 pm

Cuyahoga County Public Library – North Olmsted, 27403 Lorain Road, North Olmsted, OH 44070

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Dementia Conversations

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

January 15, 2020 6:00 pm – 7:00 pm

Atria Newell Creek, 7900 Center Street, Mentor, OH 44060

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

Dementia Care Training

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

January 21, 2020 9:30 am – 3:30 pm

Solon Community Center, 35000 Portz Pkwy, Solon, OH 44139

Dementia Care Training is a FREE program for both family and professional caregivers who provide care to those with dementia-related diseases.

This program provides an overview of Alzheimer's disease and related disorders, teaches effective communication techniques, gives ideas on how to engage those with cognitive problems, and provides strategies for managing challenging behavior. Four social work CEUs are available.

Please plan to bring a brown bag lunch

10 Warning Signs of Alzheimer's

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Online - <https://goo.gl/yknto1>

January 30, 2020 6:00 pm – 7:00 pm

Danbury Senior Living, 9500 Broadview Road, Broadview Heights, OH 44147

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

February 2020

Healthy Living for Your Brain and Body: Tips from the Latest Research

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

February 12, 2020 10:00 am – 11:00 am

Cuyahoga County Public Library – Southeast Branch, 70 Columbus Street, Bedford, OH 44146

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Healthy Living for Your Brain and Body: Tips from the Latest Research

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

February 20, 2020 7:00 pm – 8:00 pm

Cuyahoga County Public Library – Parma Heights Branch, 6206 Pearl Road, Parma Heights, OH 44130

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Healthy Living for Your Brain and Body: Tips from the Latest Research

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

February 25, 2020 2:00 pm – 3:00 pm

Cuyahoga County Public Library – Solon Branch, 34125 Portz Pkwy., Solon, OH 44139

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Understanding Alzheimer's and Dementia

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

February 27, 2020 6:00 pm – 7:00 pm

Danbury Senior Living, 9500 Broadview Road, Broadview Heights, OH 44147

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

March 2020

Understanding Alzheimer's and Dementia

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

March 10, 2020 6:00 pm – 7:00 pm

Mt. Alverna, 6265 State Road, Parma, OH 44134

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

Legal and Financial Issues – Planning for the Future

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

March 18, 2020 6:00 pm – 7:00 pm

Atria Newell Creek, 7900 Center Street, Mentor, OH 44060

This program is designed for diagnosed individuals and their family members who want to learn what legal documents are essential to manage family affairs and learn how to prepare to finance long-term care. Participants will have the opportunity to get their questions answered by an attorney who specializes in Elder Law.

April 2020

Effective Communication Strategies

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

April 7, 2020 6:00 pm – 7:00 pm

Mt. Alverna, 6265 State Road, Parma, OH 44134

Communication is more than just talking and listening- it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you to connect and communicate at each stage of the disease.

May 2020

Living with Alzheimer's: One Person's Perspective

For info or to register: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

May 20, 2020 6:00 pm – 7:00 pm

Atria Newell Creek, 7900 Center Street, Mentor, OH 44060

Learn about Alzheimer's disease from a person who is living with it. . . You won't want to miss this inspiring program that will feature a person in the early stage of Alzheimer's disease who will share how one learns to live with Alzheimer's disease.